



The Amazing Benefits of Vitex (Chaste Berry Tree)

NAME:

DATE:

This worksheet is a supplement training guide to “The Amazing Benefits of Vitex (Chaste Berry Tree)” video published on February 1, 2016.

It's Humpday Hustle! Time to take care of our body, our true temple. Today's video is all about vitex or chaste berry tree. As holistic medicine, wellness, and nutrition movement grows, you will likely hear more and more about this special herb. We are joined today by Dr. Jo-Anne Mina, naturapathic doctor and peak performance consultant. Check out our video [here](#).

Check out our supplement of the day, vitex (chaste berry tree) below. Find out why it is important to build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com

Supplement Name: Vitex
Other Name/s: Chaste Berry Tree

Vitex is a herbal product that has been around for over 2000 years. Founded in the native to central Asia and the region bordering the Mediterranean Sea. It works by stimulating the pituitary gland, called the “master gland”, which regulates the balance of progesterone and estrogen in the body.

Action:

- Balance estrogen and progesterone hormone
- Lowers prolactin
- Converts T4 hormone to T3

Side Effects:

- GI upset
- Fatigue
- Nausea
- Irritability
- Increase heart rate

Indication:

- Acne
- Irregular Menses (Fibroids, Endometriosis, PCOS)
- PMS
- Mastalgia
- Lactation Support
- Infertility
- BPH

Caution:

If pregnant, breastfeeding, and undergoing HRT, consult your primary provider **FIRST**.